

## Positive Alternatives 2015 - 16 Quarterly Update

**Grantee: UNIVERSITY LIFECARE CENTER**

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**Goal: To provide high quality medical and mental health pregnancy support services to our clients, to implement a pregnancy-health and life-skills program, and to connect clients in need of these services with our center**

**For the period: January 1 through March 31, 2016**

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Administrative Activities</b>	administer grant program and oversees grant staff; compile data from Info Line logs to monitor program usage and outcomes		The Executive Director and Clinical Director continue to provide many hours of work each month administering the PAA Grant program.	
<b>Car Seat Program</b>	Refer clients to certified car seat instruction via a partnership organization; provide car seats when client cannot otherwise access one	1 to 2	Most of our clients are no longer able to receive car seats through their medical insurance benefits. As such, we provided none directly but referred clients to our partner organization for certified car seat instruction.	0
<b>Crib Distribution/ Sleep Safety Education</b>	Complete Cradle of Hope Pack n Play application; provide Pack n Play and Sleep Safety education; provide crib when client cannot otherwise access one	2	Clients continue to receive sleep safety education to ensure a safe sleep environment for their infants. Clients complete a minimum of three educational steps in pregnancy parenting and life skills in order receive a Pack-n-Play	10

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<b>Life-Skills Education Program</b>	Assess participants' educational needs; provide support and life-skills education to facilitate their and their babies' health	10	In addition to specific life skills education topics, clients continue to participate in an intake as a part of our curriculum so that all clients can develop the skill of planning and setting goals. We had many more return clients this quarter, thus life skills goal setting had already been completed.	14
<b>Mental Health</b>	Provide diagnostic assessment and treatment planning, psychotherapy; referral to alternative mental health professionals; provide resolution for parent/child relational problems	25	This program began services part way through this quarter as we made further progress in our period of recent transition, so we anticipate it will continue to grow to former levels.	8
<b>Nutrition</b>	Provide prenatal vitamins to clients who test positive for pregnancy	5	Clients who have a positive pregnancy test are offered prenatal vitamins approved by our medical director.	10
<b>Parenting Education</b>	Assess participants' educational needs; provide support and parenting education to facilitate their and their babies' health	15	We continue to serve clients in this program. Parents are choosing from a variety of topics, such as newborn care and breastfeeding.	21
<b>Pregnancy Education</b>	Nurse Manager provides medical pregnancy-related information and advice at client request	5	Our Nurse Manager provides pregnancy-related information to all ultrasound clients and responds to phone requests for pregnancy-related information during her weekly office hours.	10
<b>Pregnancy Education</b>	Assess participants' educational needs; provide support and pregnancy education to facilitate their and their babies' health	10	Clients are choosing from a wide variety of topics such as smoking cessation, birth defect prevention and delivery.	7

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<b>Pregnancy Testing</b>	Provide assessment for program eligibility, counseling and testing; provide resources and referrals	16	Pregnancy test clients are provided medically accurate information about their pregnancy options. Our trained staff provide emotional and practical support and referrals to necessary services.	43
<b>Ultrasound</b>	Provide limited obstetrical ultrasound examination; provide post-examination help and instructions	6	We continue to provide ultrasounds to clients, as well as post-exam help and instructions.	17

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	0
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	4
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	1
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	0
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	0

**Challenges:** Because we were in transition this fall as we moved to a new location, our staffing and client numbers had been lower than usual but are starting to even out over time. Also, we are able to refer more clients to our partner organization for many of the services measured here.

**Comments:**